

Kicking it with Ms. FSU

By Deja McNeal

Don't let the pretty face and poised demeanor fool you! Ms. FSU Barbara Henry is far from a push over as the program "Think Like a Man", a self-defense class proved. The program was a series of events held for Women's Month by the Royal Service Initiative.

The cost of this class was free and open to all for two hours of preventative and physical techniques taught by Master Brown of ATA Leadership Martial Arts. Brown's goal was to teach safety and defense mechanisms in the event of dangerous situations.

Most of the techniques included use of the knees, feet and fists but the main purpose was to know how to use force. That's right no matter how small your body may be physical force is the key to eluding a possible attacker. The best way to hurt an attacker is to hit them in places like the groin, nose or eye.

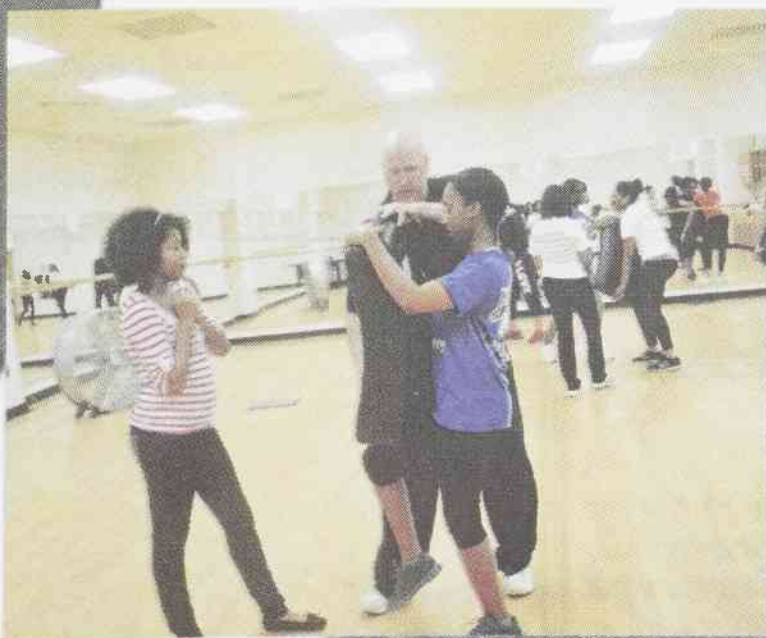
Ladies should always be mindful of their environ-

ment for especially an empty parking lot when taking the trash out late night. Never go into dark places alone, say "stop" forcefully and most importantly never look like a victim. In other words, be smart and aware of your surroundings. Danger could be lurking as you stop to get a \$20-dollar bill from the ATM.

A few ladies shared their stories on being attacked or discussed situations of women violence." According to Brown 62% of women have gotten away from an attacker using the mentioned tactics.

"I chose this program because my platforms include safety, security and domestic violence. This self-defense class went great with those. It is very important for women to learn or know self-defense because one in four women will be in a situation where they have to defend themselves".

What is Henry's favorite technique? The knee to chest technique. Let's hope she will never have to use it on anyone!



(Right) Barbara Henry and her partner learn knee to chest technique with Master Brown of ATA Leadership Martial Arts. Photo by Deja McNeal.



The ladies listen as Master Brown gives tips and advice on self defense from potential predators. Photo by Deja McNeal.